SELECT 37 UNITS FOR THE FOLLOWING:

- 4 KIN 206S/SA Introduction to Adapted Physical Education
- 4 KIN 207 Personal Health
- 4 KIN 363 Psychological Aspects of Physical Activity & Sport
- 4 KIN 365 Science of Physical Aging
- 4 KIN 370 Stress Management for Healthy Living
- 3 KIN 406 NOT OFFERED FOR ES OPTION
- 1 KIN 406A NOT OFFERED FOR ES OPTION
- 4 KIN 408 Drug Education
- 4 KIN 459 Health/fitness Instructor (KIN 303/L)

Prerequisite courses are shown in parentheses

SEE BACK OF PAGE FOR GENERAL EDUCATION REQUIREMENTS
GENERAL EDUCATION REQUIREMENTS

Area A Communication and Critical Thinking- 12 units

___(1) 4 ___ ___ Oral Communication
___(2) 4 ENG 104, Written Communication
___(3) 4 ___ ___ Critical Thinking

Area B Math and Natural Sciences- 17 units
(Select one lab course from sub-area 2)

___(1) 4 CHM 121/L Physical Science
___(2) 3 BIO 115, Basic Biology
___(3) 2 BIO 115L, Basic Biology Lab
___(4) 4 STA 120, Statistics with Applications
___(5) 4 KIN 301, Science and Technology Synthesis

Area C Humanities-16 units
One course from each area

___(1) 4 ___ ___ Fine/Performing Arts
___(2) 4 ___ ___ Philosophy and Civilization
___(3) 4 ___ ___ Literature and Foreign Language
___(4) 4 ___ ___ Humanities Synthesis

Area D Social Sciences-20 units
Two courses in sub-area 1, and at least one course from each of sub-areas 2, 3, and 4.

___(1a) 4 PLS 201, U.S. History, Constitution, American Ideals
___(1b) 4 HST 202, U.S. History, Constitution, American Ideals
___(2) 4 ___ ___ History, Economics, and Political Science
___(3) 4 ___ ___ Sociology, Anthropology, Ethnic, and Gender Studies
___(4) 4 ___ ___ Social Science Synthesis

Area E Lifelong Understanding and Self-Development- 4 units

___ 4 ___ ___ Lifelong Understanding and Self-Development

SUMMARY

<table>
<thead>
<tr>
<th>Category</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Core</td>
<td>20</td>
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<tr>
<td>Exercise Science Option</td>
<td>55</td>
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<tr>
<td>Select</td>
<td>37</td>
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<td>General Education</td>
<td>68</td>
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<td><strong>TOTAL</strong></td>
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